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Your senior millage tax dollars at work!

August 2025



VOLUME 25, ISSUE 8

SPAGHETTI DINNER CHEFS!





DUCK BURGER NIGHT FUN!

Leading in services, information, & assistance for quality lifestyles & healthy aging.

Open 365 Days a Year

Sun. 10:00 to 2:00 Mon—Thurs. 8:00 to 7:00 Fri 8:00 to 4:00 Sat 8:00 to 2:00

Breakfast 8:00 to 9:45 Lunch 11:00 to 1:00 Supper Mon.—Thurs. 4:15 to 6:00

Carry-Outs are available. Please call 734.241.0404

Staff

Executive Director: Sandie Pierce

sandie@monroectr.org

Center Support:

Kevin Hemry

Program Manager: Toni Solomon

toni@monroectr.org

Cooks: Scott Suttles

Sue Stoner

Esther Thompson Josh Gearhart Val Bezeau

Customer Service Coordinator:

Cheri Braunlich

cheri@monroectr.org

Accounting Clerk:

Nancy Guich

Volunteer Coordinator:

JoAnn (Mikie) Kunich brenda@monroectr.org

Bingo Coordinator:

Kevin Hemry

Balance Instructor:

JoAnn (Mikie) Kunich

RSVP Director:

Beth Berlin

beth@monroectr.org

RSVP Volunteer Coordinator:

Jo Anne Bray

joanne@monroectr.org

Vision:

The Monroe Center for Healthy Aging is committed to improving the quality of life and health of older adults in



15275 South Dixie Highway Monroe, MI 48161

734-241-0404



Visit us on-line: www.monroectr.org

Board of Directors

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VICE PRESIDENT:

Diane Kamprath

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Jaime McDonald

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David Swartout

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Carry-Out Meals are available.

Call 734.241.0404

"The Monroe Center is the place to be – for fun, fellowship, & support."

Watch "Off Your Rocker" on MPACT

Tuesdays at 5pm and Thursdays at 4pm

Comcast: Channel 21 or Charter: Channel 187

You may also watch it on-line at MPACT's website www.mpactstudio.org





Views & comments expressed in this newsletter are not necessarily the views and comments of the Monroe County Commission on Aging. The Monroe County Commission on Aging is a governmental agency, which funds community senior programming through millage dollars — including the Monroe Center *for Healthy Aging*. Those receiving services from these programs may have certain personal data shared within the funded agencies, except where HIPPA applies.

From the Director's Desk

"Remember to be gentle with ourselves and others. We are all children of chance and none can say why some fields will blossom while others lay brown beneath the August sun."

~ Kent Nerburn, American Writer

August. We're officially in the midst of the "Dog Days of Summer." The term "Dog Days" traditionally refers to a period of particularly hot and humid weather occurring during July and August in the Northern Hemisphere. This period of sweltering weather coincides with the rising of Sirius, the Dog Star which is the brightest (and hottest) star in the sky, not including our own Sun.

I'm wondering these days if the Dog Days have fried our brains?? Possibly the part that deals with emotions such as compassion, patience, and even respect. While this is not the case for everyone, maybe there's a little bit of truth in it for some of us, and it may be helpful to check ourselves to see if we could be a little more gentle with not only ourselves but also with others. Kindness matters.

The old advice of counting to ten before we speak actually does work. It gives our brain time to process our thoughts. And when we do offer our opinion or pass along information, do our words pass the test of: 1. Is it true?

2. Is it kind? and, 3. Does it need to be said? Helpful reminders for sure.

It also makes sense to pay attention to our thoughts. For example, if we're always thinking about yellow cars, it's easy to spot them. If we're thinking about opportunity, we'll spot opportunities. If we're always thinking about being mad, we'll look for ways to be mad. We become what we constantly think about. Thinking positive thoughts helps create positive attitudes. Smiling even when we don't feel like smiling produces the same feel good endorphins in our brains as real smiles and makes us happier. Sounds odd, but it works. Let's all commit to spreading joy. I know it's in us!

~ Sandie

News to Note . . .

- Bingo is on Tuesdays!
 Card sales at 1:30 p.m.

 Sunday Bingo— August 10
- Monday Massages (except the first Monday) with JoAnn — 10:00 to 1:00
- August 6 August Birthday
 Celebration during lunch
- August 13 —Trivia Night at 5:00 p.m. Prizes!!
- **August 7**—at 11:30 Library in Motion Delivery
- **August 14** Let's Talk Health with Maurine at 4:30
- August 11 Lunch & Learn with Health Department
- August 12 Class of '58— Lunch
- August 13 Movie "Mufasa" 1:30 p.m.
- August 14 & 15 Rummage Sale Opens at 8:00 a.m.
- August 15 Karaoke Night
- August 18 MHS Classes of '65 and '66 Lunch
- August 20 MHS Class of '67 Breakfast — 3rd Wednesday
- August 21 —Craft— 3:00 RSVP
- August 22 Lunch & Learn with Health Department
- **August 11 & 28** Writing Group at 1:00 & 2:00 p.m.
- August 28 —ProMedica Health Odyssey—
- August 28 Book Club at 1:00 "Rules of Civility" by Amor Towles
- August 29 \$2 Soup & Sandwich Day

Please Remember to Scan



Happy August Birthdays

Denise Auten
Louise Bauerschmidt
Linda Bess
Michael Boron
Lee Bunge
Vickie Butler
Karen Collins
Evelyn Copi
Marlene Cunningham
Gary Cuthbert

Pat DiCarlo
Paula Diehl
Judy Drake
Pat Drummonds
Sharon Ellerman
Rita Ernest
Carol Eshelman
Carolyn Evans
John Falconer
Grace Falster
Donna Fazekas

Joe Fazekas

Sharon Friedline

Lee Geisenhaver

Birthday Celebration! — August 6, 2025

We'll have cake and ice cream and music with Bonnie, Jim, George, and the gang.

Members celebrating a August birthday enjoy a complimentary meal on Wed., August 6.

Cake sponsored by Rehabilitation Hospice of NW Ohio Bev Gerber Flora Goote Maxine Gowman Crystal Heft David Hehl Lester Heller Sandra Hensley Louella Howerton Mitzi Jondro Johnie Jones Carol Kamprath Phyllis Keck Brenda Keenan Nancy Kirwen Jo Anne Klootwyk Mary Kohler Janice Kraus Tom Labo Andrea Labo Sandy Lang Lynette Langland **Audrey Lazette**

Laura Leicht

Debbie Lentz

Clara Lloyd Frank Lowe Sharon Lusch Sandra Major **Betsy Mason** Robert McDonald Pat McPhail Terri Meadows **Betty Morgis** Margaret Morrison Nick Mushisky **Elaine Mushung** Donna Navarre Cindy Noland Marsha Oberleiter Ronyy Oltean-George John Parker **Fave Patterson Tammy Perez** Ken Phillips Kojo Quartey Janice Reaume Donna Reaume

Harry Redford

Joanna Russ Vicky Sacks Martha Sancainte Rosemary Satkowski Pat Schassberger Loretta Scheich Donna Shields Jon Shores Joyce St. Bernard Jack Sturn **Bonnie Thompson** Tom Treece Joann Trouten Brenda Turnbull Ron Turner Kathy Vanisacker

Frank Regan

Randy Richardville

Vernon VanWasshenova
Rich Weaks
Sr. Joselyn Weeman
Nancy Wortinger
Nancy Younglove
Dan Hummel



July Birthday Celebration Attendees

RECENT DONATIONS

Kathy Blevins Marlene Cunningham Anna Fleeman Sam and Nancy Guich Jerry and Sandie Pierce Monday Canasta Ladies

in memory of Adam Emmendorfer

Carol Thompson

in memory of Richard Genord

Richard and Rita Hiltz

in memory of Mildred Rieger

Reah Kohler

Thanks to **Steve Pace** for cooking the Spaghetti Dinner on June 27 in honor of his father, Mario. We served 146 people and raised \$1,856!

Thanks to Oak Street Health for sponsoring the Birthday Cake for July.

Scan Cards

Please use them. When? Every time you come in to the Center, and every time you leave. This process records the time you entered, when you left, and calculates the time you spent here. This number is used to calculate the amount of millage funding we receive. each month.

THANKS TO SR. JANET RYAN

Sr. Janet Ryan retired from the Center's Board of Directors at the June meeting.

On behalf of the Board, staff, and members, we thank her for her 13+ years service on the Board and for serving on the Personnel Committee. Her guidance and perspective are greatly appreciated.

Diane Adair

Dan Hummel

Diana Anderson Cathy & Tony Koch Pamela VanArsdel Earl Larrow Marilee Ball Susan Larrow Kathy Bomia Jeanette Leski Robert D. Bomia Sandra Major Jennifer Carter Gwen Mollis Kelli Collingsworth Ann Marie Rowland **Brian Dehner** Martha Sancainte Annie Gallagher Reba Scarffe Kim Green Dianna Standifer

Kathy Hummel

Mary Rains

Report on the 50/50 Raffles at Bingo

\$ 1,172 — January—March \$466.50 — April \$381 — May \$394 — June

Thanks to **Mikie**, **Val**, & **Debbie** for selling tickets and to the **buyers**!

Food Donation Goal: \$2,000

Jan. to March — \$586.24

April — \$241

May — \$409

June — \$241

Thank you!!

Cheri's Quote of the Month

When you talk, you are only repeating what you already know. But if you listen, you may learn something new.



Memorial Leaves are available for \$10 each. Order at the Front Desk.

With sympathy ...

Millie Rieger — June 14, 2025 Julius G. LaRoy — July 8, 2025



WELCOME



AUGUST 2025 "What's Going On" at-a-Glance

Monroe Ford Retirees — Monday, August 4 — 8:30 a.m. Breakfast 11:00 a.m. Lunch — Salaried

Bingo

Bingo is held on Tuesdays

Card Sales at 1:00. Bingo at 1:30

Sunday Bingo is August 10

Card Sales at 1:30. Bingo at 2:00

Gift Certificates can no longer be used.



Health Odyssey August 28, 2025

11:30 a.m. Lunch

12:00 Program

Topic: Improving Mental Health
Dr. Khyati Patel, Clinical Psychiatrist
Please sign up: 734.241.0404

Registration includes the complimentary lunch for those who attend the program.

Please be kind. No talking during the presentation.

After the events, watch presentations on-line at MPACT's website <u>www.mpactstudio.org</u>

HOSTED BY Mikie Kunich

Wednesday, August 13th 5:00 to 6:30 p.m.

Trivia

Free of charge.

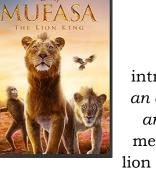
Prizes Awarded!

Get a Team Together limit of five people per team. Ages 12+

August 13th Movie

"Mufasa"

1:30 pm



The story
introduces Mufasa as
an orphaned cub, lost
and alone until he
meets a sympathetic
lion named Taka — the
heir to a royal bloodline.

Rated PG

Grandchildren welcome!

Complimentary popcorn.

Save the Date!

Walk to End Alzheimer's October 18, 2025

Women's Coffee Hour with Maurine

Let's talk about health! August 14 — 4:30 p.m.

Exercise Classes

Chair Yoga — Tuesdays & Thursdays at 10:15 with Cheri

Balance Class— Tuesdays & Thursdays at 9:00 a.m. with Helen Mondays & Wednesdays at 3:00 with Sandie

Balance Machine

Ask at the Front Desk if you'd like to learn how to use the Balance Machine



EnhanceFitness®

Mon.—Wed.—Friday at 10:00

Line Dancing — Mondays at 1:00

Movin' & Groovin' — Mondays & Wednesdays at 9:00 with JoLynn

Massages with JoAnn (Mikie)

Mondays (except first Monday) & the 1st Wednesday of the month from 10:00 to 1:00 — \$1 per minute

Drumming & Yoga with Betsy or Kathy Fridays 8:45 to 9:45

Friendly Poker Games (See Kevin)

Thursdays at 10:00 a.m.

Hand & Foot — Fridays

We need players. Let us know if you'd like to be play.

Calling All Bakers!

Talk to Toni if you'd like to be part of a team to bake for our Bake Sale. Bakers will bake in the Center's kitchen.

Fun with Yarn For all Ages!

Fridays at 12:00 noon

- Drop in and meet the new knitters and crocheters.
- We have supplies and offer tutoring. It's fun and easy!
- Choose your project crochet a granny square; knit or crochet a pair of slippers or a water bottle or cellphone tote.
 - Or bring your own needlework.
 - Stop by to chat or watch.

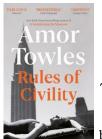
Questions? Contact Maxine at 734-241-0404

We are always grateful for donations of yarn and patterns.

Craft August 21 — 3:00 p.m.

Please sign up at the Front Desk.

MONROE CENTER BOOK CLUB



August 28, 2025 — 1:00 "Rules of Civility"

"Rules of Civility" by Amor Towles

This sophisticated and entertaining first novel presents the story of a young woman whose life is on the brink of transformation. On the last night of 1937, twenty-five-year-old

Katey Kontent is in a second-rate Greenwich Village jazz bar when Tinker Grey, a handsome banker, happens to sit down at the neighboring table. This chance encounter and its startling consequences propel Katey on a year-long journey into the upper echelons of New York society.

Up-Coming Selections:

Sept.: While Justice Sleeps (Stacey Abrams)
Oct.: The House of Spirits (Isabella Allende)

Bible Studies are taking a break for the summer.

Rummage Sale August 14 & 15

8:00 to 4:00 Thurs.

8:00 to Noon on Fri.

Donations are Welcome. Please no clothes.

Lunch & Learns

with Kristen Reed, BS
Health Educator
Monroe County Health Dept.

August 11 — Mindful Eating

August 22 — Live with Purpose

Lunch is at 11:30
Program at Noon
Please sign up at the Front Desk.

Save the Dates! And more ...

- September 19 Ribs Dinner (Replaces the Steak Dinner)
 Sponsored by McMullin Dental
- **Donations** of new or gently used purses are needed for a fun evening where people will bid on the purses full of surprises.
- **Paint & Sip** we're working on a painting party in September. Class led by an artist. There will be a cost.

American Sign Language

We are offering a class in ASL. Every Friday in Sept. at 1:30 p.m.

Please sign up at the Front Desk

Over 90's Celebration

Wednesday, August 20, 2025

Lunch Served at 11:30 a.m.

Members who are 90 years of age or older will be our guest at a Birthday Celebration to recognize their longevity.

Those under 90 are welcome at the regular \$3.00 price.
Everyone, please sign up.
734-241-0404

Sponsored by:

Monroe Springs Rehabilitation and Nursing Center

Karaoke

Friday, August 15, 2025

4:00 to 7:00 p.m.

Dinner — Music — Fun — \$6.00

BBQ Beef Sandwiches Potato Salad

Please Sign up!

"Family Feud" Game Night

Friday, July 25
3:00 to 6:00 p.m.
Four teams are competing!
Pot Luck Snacks. FUN!
Please Sign up.

Brain Aerobics

with Tracy Sudduth Monday's at 9:00 a.m.

Crosswords and Sudoku available daily.

THINGS TO KNOW:



- The first row outside of the Center is reserved for guests of the Center. The Monroe Center reserves the right to tow cars that are in violation.
- Please remember that the
 Center is scent free.
- Gift Certificates may be used for food purchases or Bingo only. Please note:
 As of June 1, Gift Certificates can no longer be used for Bingo. So sorry.

Musicians Wanted For Tuesday Jam Sessions!

Dave Manning, Dean Mink, Bruce Freimark, and a few other musicians are getting together on Tuesday afternoons at 2:00 p.m. in the conference room.

You're invited to join in the fun.
Bring your instrument.

Medical Closet

The Monroe Center has a "medical closet" available to anyone who might benefit from an assistive device. What's available is based on what we have on hand, so it makes sense to call to inquire.

Items that we currently have:

- Low-vision reading machine
 - Shower chairs
 - Wheelchairs
 - Walkers with wheels
 - Walkers without wheels
 - Bedside commodes
 - Canes

Call to inquire: 734.241.0404

St. Mary's Rosary Makers

St. Mary's Rosary Makers meet at the Monroe Center for Healthy Aging on the first Tuesday of every month at 9 a.m.

No Rosary Club in August

This group is open to everyone.
Rosaries are sent to the missions.
Supplies and instructions are provided, and you are able to keep the first rosary you make for yourself.



Diamond Art

The group of ladies who do Diamond Art is in need of frames for their masterpieces.

Donations of frames are appreciated.

IF YOU'RE SERIOUS ABOUT
CHANGING YOUR LIFE,
YOU'LL FIND A WAY.
IF YOU'RE NOT,
YOU'LL FIND AN EXCUSE.

EUCHRE HAS
RETURNED
TUESDAYS AT
11:00 A.M.
FRIENDLY PLAY.

Calling All Writers

August 11 & 28, 2025

Are you interested in crafting your life history?

Join Betsy Bradley on **second Monday** at 1:00 and the **fourth** Thursday of the month at 2:00

Each month we will work on the milestones of one of our members.

Please let us know if you'd like your legacy captured on paper.

~ Betsy Bradley

FROM THE VOLUNTEER COORDINATOR:

WE NEED YOUR HELP!

Are you looking for something to fill your spare hours? We could use a few more energetic people who'd like to be servers for our meals — especially evenings and weekends. Come talk with me.

Volunteering is good for our health and keeps our brains active!

Please remember to treat the volunteers with kindness.

~ JoAnn (Mikie) Kunich



The compassionate care seniors deserve.

Cornerstone Caregiving is a senior home care service that partners with your community to support staffing needs.

How we help:

- Vetted Candidates
- One-Point of Contact
- Competitive Rates
- Staffing Portal
- On-Call 24/7 Managers
- Help with Waiting List
- Immediate Staffing

Contact: Emily Ferguson
Director of Operations
567-316-6745

I'm having people over to stare at their phones later if you want to come by...

RSVP Monroe County





RSVP is a volunteer network for people 55 and over. Use the skills and talents you've learned over the years (or develop new ones) while serving in a variety of volunteer activities right here in Monroe County.

If you would like to volunteer with us, call Beth or Jo Anne at 241-0408.

Please remember to record and turn in your hours.



MONROE CENTER TRAVEL

See the flyers at the Center for more details or call Maxine at 734.241.0404 on Wednesday or Friday mornings.



Johnny Cash Tribute — The Man in Black at Caesar's Windsor Casino —

Thursday, September 25, 2025 Depart from Elevate Church \$49 per person Shawn Barker will be performing at Colosseum at Caesar's Windsor. He has an uncanning resemblance to the original "Man in Black" and revitalizes the true character and spirit of Mr. Cash himself, one of America's greatest musical icons, for a truly one of a kind show. Valid passport or Enhance Driver's License required.

Niagara Falls — Sunday, September 28 to Monday, September 29, 2025 \$259 per person, double occupancy. Trip includes one night at Hilton Niagara Falls, Gambling at Fallsview Casino and Seneca Casino. \$100 back in casino incentives. "Table Rock" visit to see the Falls. (This is not a boat ride; steps and walking.)

Passport or Enhanced Driver's License is required.

2026 Cruises:

- January Mexican Riveria out of Los Angeles 8 days on Royal Princess https://grandamericantours.com/princessroyalmexriv-glp
- May Best of Greece 9 days on Celebrity Infinity https://grandamericantours.com/celeb-infinity-greek-isle
- May Alaskan Cruise, Land & Rail (Anchorage, Mt. McKinley, Denali, Whittier) 11 days on Island Princess https://grandamericantours.com/princessislandak-ct-ab3-k
- August Iceland 8 days on Celebrity Silhouette
 https://grandamericantours.com/celeb-silhouette-iceland

<u>Survey for Horizon Travel & Cruises</u> — <u>Results!</u>

Top Six Day Trips:

- 11 Shipshewana Coming Nov. 11
- 11 Frankenmuth
- 11 Fox Theatre in Detroit
- 11 Stratahan Theatre in Toledo
- 10 Detroit Tigers Game Sept. 18
- 9 Holland Tulip Festival
- 9 Motown Museum
- 8 Toledo Zoo & Botanical Gardens

Top Five Overnight Trips:

- 12 Branson, Missouri
- 12 Amish Country, Berlin, Ohio
- 11 Fall trip to the East Coast, Maine
- 9 Mackinaw Island
- 8 Great Smokey Mountains, Dollywood

The travel company would like us to commit to 20 people before we can schedule a trip.

We have not reached that number. These trips are not yet scheduled.

If you're interested, please call Maxine as soon as possible. 734.241.0404 Wednesday or Friday mornings.



Ask the Pharmacist!

with Jennifer Sell, RPh, Director of Pharmacy Services ProMedica Monroe Regional Hospital

The ABCs of Over The Counter Medications

Hello friends! I hope everyone is having a great summer and staying cool through the hot weather we have been experiencing! I wanted to highlight over-the-counter medications in this month's newsletter.

Over-the-counter medications are extremely popular because of their accessibility and low cost. More than 80% of American adults use at least one over-the-counter medications and approximately 25% used a combination of 5 over-the-counter and prescription meds weekly. With this high utilization, being aware of the potential for drug interactions with prescription medications is important.

The most common over-the-counter medication class involved with these interactions is analgesics, or products used to treat pain. This drug class includes NSAID therapies like Ibuprofen and Naproxen and Acetaminophen, which is the active ingredient in Tylenol®. NSAIDs reduce inflammation and pain by blocking production of prostaglandins. Reducing prostaglandins can cause some stomach issues and promotes thinning of the blood. Patients on prescription medications to thin their blood need to avoid using NSAIDS, which when taken together with other blood thinners, could cause patients to have a bleeding event.

Acetaminophen is also a concern because of the frequency in which it used in over-the-counter products. Cough and cold products that offer pain relief often contain Acetaminophen – the concern here is that if a patient were take one of these cough/cold products and also takes another OTC or prescription medication for pain that contains Acetaminophen, they could be ingesting higher than the daily recommended amount. Ingesting excessive Acetaminophen for an extended amount of time can have negative impacts on the liver, which is the main location of drug metabolism in our bodies.

Other over-the-counter medications to use with caution when taking prescription medications include allergy medications and antacids. Over the counter allergy medications can be sedating, which can increase overall sedation if a patient is taking a prescription medication that also causes drowsiness. Too much sedation can increase fall risk and presents driving hazards, so being cautious about this combination is wise. Acid reducers and antacids affect how well some prescription medications work because they change the gastric pH level. This reduced amount of acid in a patient's stomach can change how well some prescription medications are absorbed by the body.

As always, talk to your pharmacist before deciding to start an over-the-counter medication. They can assist you with making a best choice that will minimize or avoid any interactions with your prescription medications. And don't forget to include any over-the-counter medications, herbal remedies or vitamins you take on your medication list!

Take Care!

Jennifer

The Community's Partner in Lifelong Learning

- Physical fitness and yoga
- Culinary and wines
- · Arts and crafts





- Computer skills
- Puppy training
- Photography
- And so much more!



Office of Lifelong Learning www.monroeccc.edu/LL 734-384-4127





Pinochle Winners

June 9 — Cindy Prusaitis June 11 — Barb Crumm June 13 — Luther Conner June 14 — Cindy Prusaitis June 16 — Joan Milam June 18 — Cindy Prusaitis June 21 — Barb Crumm June 23 — Mary Rhoades June 25 — Dee Mitchell June 27 — Cindy Prusaitis June 28 — Cindy Prusaitis June 30 —Al Miller July 2 — Gary Miller July 4 — Joan Milam July 5 — Al Miller July 7 — Joan Milam July 9 — Dennis Eby July 11 — Gary Miller July 12 — Gary Miller July 14 — Al Miller

Thanks to Gary Miller for running the Pinochle Games!







Monroe County Library in Motion Pick-Up

August 7 — 11:30 a.m.

FRENCHTOWN-DIXIE BRANCH LIBRARY DEMENTIA SUPPORT GROUP econd & Fourth Wednesday **OF THE MONTH** From 1:00 pm - 3:00 pm This is an informal, unmoderated support group for current and former caregivers of loved ones with dementia to give voice to their frustrations, concerns and moments of joy during this journey we are on with this disease. Frenchtown-Dixie Branch Library 2881 Nadeau Road, Monroe MI (734) 289-1035 **Drop-In Advice for Laptops, Cell Phones, Tablets** Third Thursday — August 19 - 2:00 to 3:00 p.m. Frenchtown-Dixie Branch Library

You are invited to Virtual Caregiver Coffee with MemoryLane Staff



Would you like to talk to other caregivers about their experiences? Join us for Virtual Coffee with MemoryLane Staff Wednesdays at 2 pm without having to leave home.

This is your chance to talk with other caregivers and to share insights, advice, and encouragement. The discussion will provide practical tips and resources that provide support and assistance.

You may choose video-conference or phone.

Bring your own coffee! For details, call: 419-720-4940

Support Services

- Jackie Drouillard can answer your **Medicare** and insurance questions. Please call for an appointment: 734.241.0404 Note: Jackie is working on insurance coverage for Eliquis. She **may** be able to help with getting this medication cheaper.
- **Monroe County Senior Legal Services** can answer your legal questions. Please call for an appointment: 734.241.0404
- MCOP Resource Advocates can assist with questions about Medicare, Medicaid, Home Heating Tax and other issues: Call 734.241.0404 to make an appointment.
- **Blood Pressure Checks** with Gena Craft from IHM August 28 at 10:00 a.m.



MemoryLane Care Services offers coaching and support groups for caregivers and in-person Adult Day Care for individuals with memory loss. Contact Cheryl Conley at MemoryLane: 2500 North Reynolds Toledo, Ohio 43615 Phone: 419-720-4940 Serves Monroe County!



Choices Counseling Solutions is accepting new patients and receives senior millage funding to offer services in the home.

Call 734.210.1071 with questions or to make an appointment.

Silver Sneakers Insurance is accepted at Courageous Rehab

1507 North Telegraph Monroe, MI 48162

734-735-2421





Thursday, August 14, 2025 10:00 a.m. to 1:00 p.m. at La Roy's Hall

10:00am Visit the Sponsor and Vendor Tables

11:00am Hospice of Lenawee-Caregiving Presentation

11:45am Lunch (\$5.00 cash donation suggested)

12:15pm Sgt. Jeff Hooper-Fraud and Common Senior Scams

Presentation

12:55pm Basket Raffle Drawing

REGISTRATION REQUIRED by August 1st with the Commission on Aging Call: 734-240-3290 or Email: MCCOA@monroemi.org
Please include names and contact information.

























Medicare Planning Solutions of Michigan

We're here to help you feel more confident, informed, and supported as you explore your Medicare options. Our goal is to provide clarity and comfort through every step of your Medicare journey.

What We Offer

- We walk you through your Medicare Plan choices in plain language.
- You can attend a local workshop to learn more at your own pace.
- We offer one-on-one conversations no pressure,
- just answers.

Whether you're just starting to look at Medicare or ready to choose a plan, we're here when you need us!

Contact Us Today!

Phone: (248) 860-5883 Email: Jakesbriggs@outlook.com 425 W Huron St, Suite 230, Milford, MI 48380

DENTAL CONCERNS?

THE ORCHARD EAST COMMUNITY
HEALTH HUB **DENTAL CLINIC**PROVIDES SERVICES FOR THE
INSURED AND UNINSURED.



OPPORTUNITY CENTER 120 EASTCHESTER MONROE, MI 48161

CALL TO SCHEDULE AN EVALUATION. 734.241.2775 EXT. 244





community foundation of monroe county

LOOKING FOR SUPPORT FOR YOU OR A LOVED ONE?

Marijuana Anonymous MA12.org





Scams Targeting Seniors

Elder fraud and scams are a growing problem. Scammers use a variety of tactics, often preying on vulnerabilities and exploiting their desire to help loved ones or secure their financial future. Here are some of the latest and most common

IMPOSTER SCAMS

- Government Impersonation: Scammers pose as representatives from the IRS, Medicare, or Social Security, threatening arrest or prosecution for unpaid taxes or demanding personal information to continue benefits.
- Family/Grandparent Scams: Fraudsters impersonate grandchildren or other family members, claiming to be in immediate need of money due to an emergency like an accident or arrest, asking for wire transfers or gift cards.
- Tech Support Scams: Scammers pose as tech support representatives and claim to have found a virus on the victim's computer. They offer to fix the issue for a fee and gain remote access to the computer, potentially stealing personal information.
- Romance Scams: Scammers build romantic or personal relationships online or on dating sites, creating a sense of trust to exploit the victim for money.
- Utility Impersonation: Scammers threaten immediate service shut-off if payment isn't made over the phone.

INVESTMENT SCAMS

- Fake Opportunities: Scammers, posing as financial advisors offer fraudulent investment opportunities with promises of high returns and minimal risk. This can include cryptocurrency scams, where victims are lured into investing in fake platforms.
- Check Fraud: Scammers may steal and alter checks or use digital images of checks to create new fraudulent checks.

OTHER SCAMS

- Sweepstakes/Lottery Scams: Victims are informed they have won a prize but must pay a fee (taxes, shipping) to claim it.
- Home Repair Scams: Scammers appear in person, charge in advance for repair services, and then never perform the work.
- Funeral Scams: Scammers target individuals who have lost a loved one, claiming the deceased left behind a debt or that there are additional charges from the funeral home.
- Emails saying that your package has been shipped.

TIPS TO AVOID SCAMS

- Hang up on unsolicited calls, especially those with urgent demands or threats.
- Never give sensitive information (Social Security, Medicare, bank account numbers) over the phone or email unless you initiated the contact and are sure of the legitimacy.
- Verify the identity of anyone claiming to represent a company by contacting the institution directly through a trusted source like their official website or established phone number.
- Be cautious about requests for unusual payment methods like wire transfers or gift cards, as they are often untraceable.
- Don't share personal information online or through social media that could be used by scammers.
- Set up a family code word for emergencies to verify the identity of someone claiming to be a family member.

Make Better Choices

We know that making healthy choices can help us feel better and live longer – as well as improve our ability to move around. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. The good news is that decades of research show that **change is possible**, and there are proven strategies to use for success.

Know Your Habits

The first step to changing behavior is to create an awareness around what you do regularly. Regular things you do—from brushing your teeth to having a few drinks every night—become habits. Repetitive behaviors become automatic—they happen without much thought and may be hard to change. Start by identifying patterns and things that you want to change.

Make a Plan

- Make a plan that includes small, reasonable goals and specific actions you'll take to move toward them. Whenever possible, make the healthy choice the easy choice.
- Consider what you think you'll need to be successful. How can you change things around you to support your goals?
- Get friends and loved ones involved. Research shows that people's health behaviors tend to mirror those of their family and friends.
- Plan for obstacles. Think about what might derail your best efforts to live healthier.

Stay on Track

- When you think you're about to 'fall off the wagon,' hold on." Sometimes when you feel like you're failing, you can learn the most.
- The more you practice self-control, the better you become at it. Through repetition, you develop the capacity to act and react another way.

Think About the Future

- Learn to vividly imagine future positive rewards.
- Focus on how a change might heal your body and enhance your life.

Be Patient

- Sometimes when you're trying to adopt healthier habits, other health issues can get in the way.
 For example, mental health conditions like depression and anxiety can be tied to unhealthy behaviors. Professional help may be needed.
- You're never too out of shape, too overweight, or too old to make healthy changes. Try different strategies until you find what works best for you.
- Things may not go as planned, and that's okay.
 Change is a process. What's most important is to keep moving forward. You're worth it!



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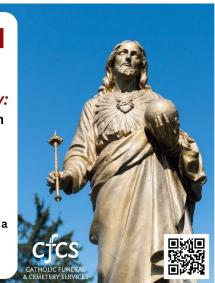
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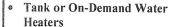
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2 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	9 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	16 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00 11:00 Pinochle	23 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00	30 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
1 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet	8 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / C <u>rochet</u>	15 Rummage Sale 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Pinochle 12:00 Knit / Crochet 4:00 Karaoke & Dinner	22 8:45 Cardi-Yo 10:00 Enhance®Fitness 11:30 Lunch & Learn with Health Dept. 11:30 Pinochle 12:00 Knit / Crochet	29 8:45 Cardi-Yo 10:00 Enhance®Fitness Soup & Sandwich Day 11:30 Pinochle 12:00 Knit / Crochet
734-241-0404	7 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Library in Motion 7:00 Model A Club	14 Medicare with Jackie by appointment Rummage Sale 9:00 Balance Exercise 10:15 Chair Yoga 4:30 Let's Talk Health with Maurine	21 Medicare with Jackie by appointment 9:00 Balance Exercise 10:15 Chair Yoga 3:00 Craft— Sign up at the Front Desk	28 Medicare with Jackie by appointment 9:00 Balance Exercise 10:00 Poker Game 10:15 Chair Yoga 11:30 Health Odyssey 1:00 Book Club 2:00 Writing Class
st 2025	6 Birthday Dinner 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	13 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 1:30 Movie 3:00 Balance 5:00 Trivia w/JoAnn aka	20 Class of '67 BK 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance	27 Monroe Senior Legal 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 12:00 Pinochle 3:00 Balance
August	5 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers 7:00 Coin Club	12 Class of '58 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	19 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers	26 MCOP Support Services 9:00 Balance Exercise 10:15 Chair Yoga 11:00 Euchre 1:30 Bingo 2:00 Jam Session 6:00 Woodcarvers
	4 Ford Retirees BK / Lunch 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10 1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance	11 Canasta 9:00 Movin' & Groovin' 10:00 Enhance Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 11:30 Lunch & Learn 12:00 Pinochle 1:00 Dancing / Writing 3:00 Balance	18 Newsletter Crew 9:00 Movin' & Groovin' 10:00 Enhance® Fitness 10:00 Brain Aerobics Noon Classes of '65 & '66 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance	25 Canasta 9:00 Movin' & Groovin' 10:00 Enhance®Fitness 10:00 Brain Aerobics 10—1 Massages with JoAnn 12:00 Pinochle 1:00 Dancing 3:00 Balance
Monroe Center	Sunday Dinner 11 a.m. to 1 p.m.	10 Bingo Cards 1:30 Play at 2:00 Sunday Dinner 11 a.m. to 1 p.m.	Sunday Dinner 11 a.m. to 1 p.m.	24 Sunday Dinner 11 a.m. to 1 p.m.



Evening Meals

Served 4:15 to 6:00 pm

Eat-In or Carry Out Main Choice: \$3.00

Monday	Tuesday	Wednesday	Thursday
28 Sloppy Joes Sweet Potato Fries Baked Potatoes Fruit	29 Turkey Reuben Spaghetti Salad Fruit	30 Grilled Chicken over Lettuce Cottage Cheese Multi-Grain Bread	31 Hot Turkey Sandwiches Mashed Potatoes Vegetables Cranberries
Trio Salad—Tuna, Chicken, Cottage Cheese Fruit	5 Pineapple Chicken Brown Rice Vegetables	6 Beef Stew Cottage Cheese Multi-Grain Bread	7 Spaghetti Spinach Multi-Grain Bread Fruit
11 Spiral Ham Slices Sweet Potatoes Vegetable Side Salad	Applebutter Pork Potatoes, Carrots Cottage Cheese	Salmon Patties with Cream Sauce Mashed Potatoes Fruit	1415Chx. FajitasKaraokeStewedBBQ BeefTomatoesSandwichRefried BeansPotato Salad
18 Grilled Chicken Potato Salad Baked Beans Watermelon	19 BBQ Pork Sandwich French Fries Cole Slaw	20 Baked Cod Country Potatoes Vegetable / Cole Slaw	21 Pot Roast with Potatoes, Carrots Celery Applesauce
25 Pizza — Pepperoni or Vegetable Side Salad Fruit	26 Baked Chicken Thighs Mashed Potatoes Broccoli	27 Island Meat Balls Mashed Potatoes Vegetable	28 Tuna Melts Cucumber & Tomato Salad Veggie Chips

Milk Shakes are available on Monday Nights

\$2.00

Wednesday is Sundae Night \$2.00

Vanilla, Chocolate, Caramel or Strawberry

Monroe Center		August	2025	734.241.0404	1 Turkey Burgers with Sautéed Onions French Fries / Mixed Veg. 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	2 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
3 Roast Turkey Sweet Potatoes Green Beans Cranberries 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g pro 1,278 mg sod.	4 Ford Retirees Ranch Chicken Mashed Potatoes Normandy Vegetables 880 cal. 23g fat 127carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	Grilled Pork Chops Country Potatoes Broccoli / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	6 Birthday Dinner Spiral Ham with pineapple Au Gratin Potatoes Mixed Vegetables Birthday Cake & Ice Cream 896 cal. 3g fat 83 carb 9g fiber 6g sugar 30g pro 1,761mg sod. (No hamburgers today)	7 BBQ Pork Sandwich Potato Salad Cole Slaw / Watermelon 1,088 cal. 46g fat 98 carb 15g fiber 18g sugar	8 Chicken Bruschetta Red Skin Potatoes Cauliflower 858cal. 51g fat 65 carb 7g fiber 5g sugar 39g protein 1,278 mg sod.	9 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
10 Bingo Roast Beef / Salmon Red Skin Potatoes Cauliflower / Pears 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	11 Lunch & Learn Sweet & Sour Pork Brown and Wild Rice Stir Fry Vegetables OR Chef's Salad 600 cal. 8g fat 94 carb 9g fiber 24g sug. 25g pro. 904mg sod.	12 Class of '58 Lunch Corn Flake Chicken Mashed Potatoes Mixed Vegetables 880 cal. 23g fat 127 carb 12gfiber 47g sugar 40g pro 1,211 mg sod.	BBQ Chicken Sandwich Sweet Potato Wedges Celery Salad 1,088 cal. 46g fat 98 carb	14 Rummage Sale Taco Salad w/ Chips Spanish Rice Refried Beans Stewed Tomatoes 906 cal. 29g fat 133carb 12g fiber 4g sugar 34g protein 1,838mg sod	15 Rummage Sale USA Wild Caught Cod Brown and Wild Rice Broccoli / Fruit 600 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 969mg sodium Karaoke Night	16 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
Pork Roast /Chicken Mashed Potatoes Green Beans Applesauce 503 cal. 18g fat 65 carb 9g fiber 4g sugar 31g pro. 749mg sodium	18 class of '65-66 Lunch Open-Face Turkey Sandwiches /Gravy Mashed Potatoes Beans 805 cal. 48 g fat 133 carb 10g fiber 20g sugar 41g pro 1,117 mg sod	Heef Tips Over Noodles Beets Cottage Cheese 765 cal. 4g fat 78 carb 10g fiber 12g sugar 28g pro.1,189mg sod	20 Class of '67 Breakfast Over 90 Celebration Salsa Meat Loaf Mashed Potatoes Green Beans / BD Cake 464 cal. 30g fat 29 carb 15g fiber 12g sugar 30g pro. 369 mg sod	21 Baked Salmon Red Skin Potatoes Cauliflower 500 cal. 15g fat 66 carb 4g fiber 10 sugar 31g pro. 869mg sodium	22 Lunch & Learn Spaghetti Green Beans / Side Salad Garlic Bread OR SALAD BAR 616 cal. 26g fat 41 carb 7g fiber 32g protein 757mg sod	23 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
Chicken Cordon Bleu Baked Potatoes Broccoli / Side Salad 828 Cal. 20g fat 14g protein 27g Carb 3g fiber 8g sugar 541mg sodium	Shrimp Fettuccini Mixed Vegetables Side Salad / Fresh Fruit 540 cal. 11g fat 58 carb 11g fiber 10g sugar 29g pro. 689 mg sod.	26 Pork Chop with Sauerkraut Country Potatoes Spinach / Applesauce 683 cal.15g fat 4 carb 12g fiber 4g sugar 27g pro. 1,655mg sod	Liver & Onions or Salisbury Steak Mashed Potatoes Broccoli 656 cal. 34g fat 76 carb 8g fiber 8g sugar 29g protein 1,548 sod	Grilled Chicken over a Bed of Lettuce Cottage Cheese Fresh Fruit 880 cal. 23g fat 127 carb 12g fiber 47g sugar 40g pro 1,211 mg sod (No other options today)	29 Soup & Sandwich \$2 Vegetable Beef Soup or Chicken Noodle Soup Tuna Salad or Grilled Cheese Sandwich Dessert (No other options today)	30 Breakfast 8:00 to 1:00 Noon Meal 11:00 to 1:00
31 \$6 Special BBQ Ribs or Chicken	Chef Sala	Monr Chef Salad Option Monday thru Thursday.	Monroe Center meals are open to the public. sday. Salad Bar on Fridays. Soup, as avail	open to the public. /s. Soup, as available.	Menus are subject to change.	nge.